

media release

Colorado Department of Agriculture

www.colorado.gov/ag

www.facebook.com/coloradoag

FOR IMMEDIATE RELEASE

September 5, 2012

Contact: Wendy White, (303) 239-4119, Wendy.White@ag.state.co.us

Wrap Up Summer With Colorado Pears

LAKEWOOD, Colo. – Each month, the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown, raised or processed in the state. This month, Colorado pears are featured in our **Colorado Pear and Chicken Flatbread** recipe.

Available Now...Pears

Pears have been cultivated for nearly four thousand years. Choose pears that are firm and plump. Avoid those with damaged skin, soft spots or dull color. Pears are fat free, sodium free, an excellent source of fiber and a good source of Vitamin C.

Colorado Pear and Chicken Flatbread

Chef Jason K. Morse, C.E.C., Executive Chef, Douglas County School District

1 Naan Flatbread

1/4 Tsp. Fresh Garlic, chopped

4 Tbsp. Olive Oil

1/4 Tsp. Herbs de Provence, dried

2 Fresh Colorado Pears, peeled, seeded and diced

5 Grape Tomatoes, cut in half

1 Cup Grilled Chicken, cooled and diced

1/4 Cup Italian Blend Cheese

1/4 Cup Smoked Blue Cheese

Preheat outdoor grill to 350 degrees. Mix the garlic, oil and Herbs de Provence together. Spread mixture on the flatbread. Top with pears, tomatoes, chicken and cheese. Cook on grill until cheese is melted and flatbread is toasted.

Visit www.coloradoagriculture.com for a complete list of recipes.

###